

Fun to COOK BOOK



Hi!

When I teased Mother to let me cook, she looked in book stores for a cook book for me. Some books had too many long words. Some books were too babyish and just had play recipes.

Mother has written lots of cook books. She's Mary Blake, and probably your Mother has some of her books that tell how good Carnation Evaporated Milk is for cooking.

So Mother decided to write a cook book especially for me and other girls my age. Now we can have fun really cooking.

I thought up the name "Fun To Cook Book". I know you'll have fun cooking, too.

Love from
Margie Blake



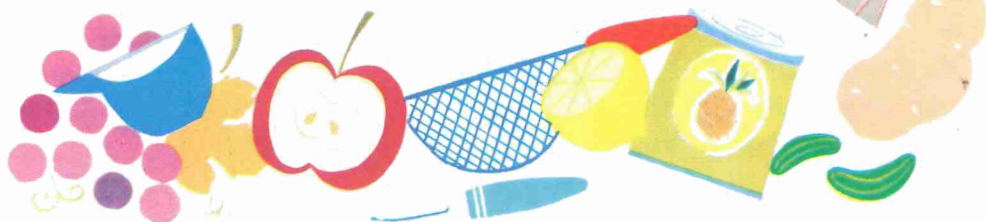


FUN TO COOK BOOK

My First Day In The Kitchen (That's when I learned about mixing bowls and kitchen spoons; to be careful with knives, too)	4
So That I Could Cook Again (I had to learn about cleaning up the kitchen)	6
Safety First!	7
Cocoa	8
1-2-3 Fudge Sauce	9
Soup	10
Everybody Likes Sandwiches	11
The Sunday Night I Made Supper (Mom and Pop went out and Sis brought her boy friend)	14
Sugar 'n' Spice 'n' Everything Nice goes into Salads	17
Five Minute Fudge (That's when I used a recipe from one of Mother's books.)	20
Meat Loaf	21
We Went on a Picnic (and Mom had the best picnic because I fixed lunch)	22



Scrambled Eggs	24
I fixed breakfast (The Morning Mom Slept Late)	25
How To Cook Vegetables	28
Quick and Easy Cheese Sauce	29
How to Bake and Frost a Cake	30
My “Circus” Birthday Party	32
Whipped Carnation	33
I Dreamed I was in Dessertland	34
How to Make Pie Crusts	36
Orange Pie	38
“Yummy” Strawberry Pie	39
Mother’s Wednesday Club Came To Our House and I helped to make Tropical Freeze	40
Chewy Chocolate Brownies	41
One Dish Dinners	42
Easy Way to Make “Failure-Proof” Cream Sauce	43
I Help With Shopping Now	46
About Other Good Carnation Products	47



"My First Day in the Kitchen"



My first day in the kitchen, I *watched*! Mother knows all about cooking, but I had to learn about knives, bowls, and kitchen things. (Mom calls them "utensils".)

MIXING BOWLS are used a lot in our kitchen. Some of them are plastic, some are china. Mother calls the glass ones "heat proof" because they can be put in the oven. Usually mixing bowls come in sets like these:

Small

for
beating eggs
whipping cream
sandwich filling
storing food in
refrigerator

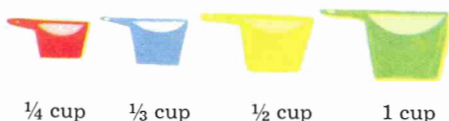
Medium

for
salads
puddings
pie crust
muffins

Large

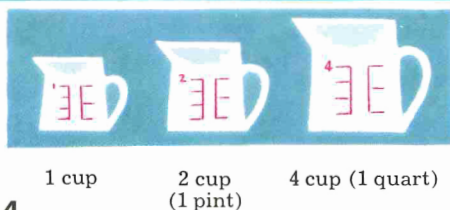
for
cake batter
cookies
pie fillings

There are *two kinds of MEASURING CUPS* in our kitchen. For sugar and flour we use



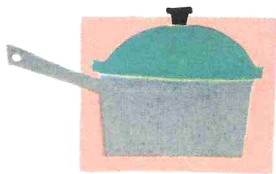
I learned to spoon sugar into the cup and level off the sugar like this

For *milk or water*, I use glass cups with a big handle and a pouring lip. I gave Mother a set for Christmas that looked like this:



SAUCEPANS are made of metal (like aluminum) or heat-proof glass. Some are pretty ones with copper bottoms. Use saucepans

Covered for



cooking vegetables
(like potatoes)
preparing stews
cooking rice
cooking cereals

Uncovered for



saucers
puddings
cocoa
soup

KNIVES Our knives are kept in a drawer that has a wooden holder. (That way the knife blades don't get dull...I don't get my fingers cut, either.)

Paring Knife



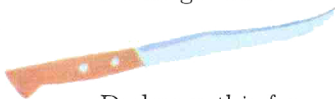
I use this
for cleaning
vegetables.

Cutting Knife



Mother uses this
for dicing carrots,
slicing celery.

Carving Knife



Dad uses this for
carving roast beef,
slicing turkey.

P.S.

You won't get cut if you handle a paring knife carefully. Cut away from your hands. And use a wooden board for slicing vegetables like carrots!

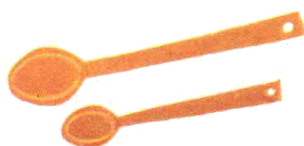
MEASURING SPOONS come in sets like these. Mine are colored plastic...with a different color for the $\frac{1}{4}$, $\frac{1}{2}$, 1 teaspoon and 1 tablespoon. Some measuring spoons are aluminum. When I use measuring spoons for dry ingredients, I always level the spoon off with a spatula.



RUBBER SCRAPER...gets *every bit* of pudding, cake batter or icing out of the bowl. (And it is easier to clean the bowl afterwards.)



WOODEN SPOONS...are for mixing salads, instant puddings or sauces. When I cook, I use a wooden spoon for stirring. Wooden spoons have extra-long handles that make it easier to mix...and the handle never gets hot or burns my hand!



VEGETABLE PEELER. I use this for cleaning carrots, peeling potatoes or apples and cleaning celery. A vegetable peeler is so easy to use...and fast!



EGG BEATER. Used for beating eggs or whipping Carnation Evaporated Milk. (You'll find out how easy it is to whip Carnation on page 33.)



SO THAT I COULD COOK AGAIN...

(I had to learn about cleaning up the kitchen)

Kitchen
"MANNERS"
For all
New Cooks



1. Put on an apron to keep your dress clean.
2. Wash your hands before you start.
3. Have a damp cloth or sponge to clean up "as you go along."
4. Rinse bowls, spoons or egg beaters in cold water as you finish with them. Stack together in one place near the sink.
5. After cooking, wash the dishes in warm, sudsy water. Rinse with hot water.
6. Wipe off table top and stove with damp cloth or sponge.
7. Dry dishes and put them back in the proper cupboard.
8. When you leave the kitchen, be sure that the refrigerator door is closed, the stove turned off, doors and drawers shut.



Safety First Rules

1. Ask Mother or an older sister to be with you when you are first working with the stove or the oven. They will teach you how to light matches safely and how to light the burners or turn on the oven safely.
2. Use pot holders for pan handles. *Always* turn pan handles toward *back* of stove so pans can't be knocked over.
3. Sharp knives can give bad cuts. Do not try to use sharp knives *yourself* until Mother tells you you may. Your mother will teach you how to use knives safely.
4. If you should accidentally break a glass, do not pick up the pieces yourself. Ask Mother to show you how to clean up broken glass safely.
5. Have Mother or older sister open cans for you. Mother will tell you when you can open them yourself.



RECIPES FOR ALL GOOD COOKS

1. Read the recipe *first*.
2. Get out all the things for the recipe (my older sister calls them "ingredients"). Get out the utensils you'll need—the pans, and spoons and so on.
3. Measure carefully. That way the recipes turn out *right every time*.
4. Do everything *just like the recipe says* to do it.
5. Clean up the kitchen so that you can cook again.



SUPPER COCOA

Supper cocoa “ingredients” for 4 people are



$\frac{1}{4}$ cup cocoa



$1\frac{2}{3}$ cups water






$\frac{1}{4}$ cup sugar



1 large can
Carnation Evaporated Milk

It's so easy. Here's all you do.

1. Measure $\frac{1}{4}$ cup cocoa; put into medium-sized  saucepan. Measure $\frac{1}{4}$ cup sugar and mix with cocoa in saucepan. (I use a wooden spoon for mixing.)
2. Measure $1\frac{2}{3}$ cups water in a 4-cup measure  and mix it with 1 large can Carnation Evaporated Milk.
3. Add $\frac{1}{2}$ cup of the Carnation Milk and water mixture to cocoa in saucepan. Stir until smooth.
4. Add rest of Carnation and water. Heat over low heat 5-6 minutes.
5. Put a marshmallow in each cup.  Pour cocoa over marshmallow.

No burned fingers this way! I always use a pot holder when I take the saucepan off the stove.



When you prepare

1-2-3 FUDGE SAUCE

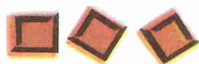
you'll need



1 large can Carnation Evaporated Milk





2 cups sugar

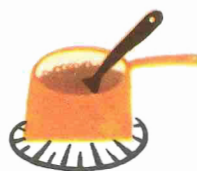


3 squares unsweetened chocolate

Here's all you do to make Fudge Sauce.



1. Put Carnation, sugar and chocolate in  saucepan. Set saucepan on burner and turn heat to *low*.
2. When sauce starts to boil, cook for 15 minutes. (You'll know when sauce "boils" by watching for the chocolate to melt and bubbles begin to break around the edges of the pan.) Stir your sauce with your wooden spoon every 2 or 3 minutes so that it does not scorch or burn.
3. After 15 minutes, take sauce from stove and add 1 teaspoon  vanilla. Beat your sauce with egg beater until smooth.



Isn't that easy as

1-2-3

You may serve your sauce warm or chilled over:

**CAKE
ICE CREAM
OR PUDDING**





When it's chilly outside . . .
soup tastes so good!
Here's how I make

SOUP

To make soup, you'll need

1 can of soup (we like
tomato, chicken or
vegetable *best!*)

1 small can Carnation
Evaporated Milk

$\frac{1}{2}$ cup water



Sis opens the cans. And she
always stays around when I'm
at the stove, too.

Then to prepare soup:

1. Pour canned soup and Carnation Evaporated Milk into a medium-sized saucepan.
2. Add water. Stir soup with wooden spoon.
3. Put saucepan over medium heat. Heat soup 5-8 minutes (or until medium hot).
4. Pour soup into 3 or 4 medium-sized bowls. Serve with crackers, or toast cubes.



EVERYBODY LIKES SANDWICHES!



with milk for a “snack”

With soup for lunch,

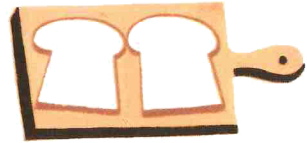


—or for school lunch.



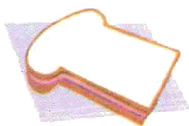
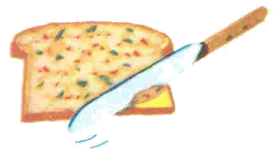
Here’s how you make sandwiches:

1. Place slices of bread side by side on a wooden cutting board.
2. Spread bread slices evenly with softened butter or margarine.



SECRET for new sandwich-makers! To “soften” the butter or margarine, take it out of the refrigerator about 30 minutes before making sandwiches. Use a spatula or wide-blade knife for “even” butter spreading.

3. Place filling on one buttered bread slice. Spread from side to side of bread with knife or spatula. Don’t neglect the corners!
4. Place second slice of bread over the filling, and there you have a sandwich!



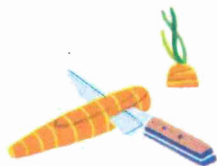
MORE ABOUT SANDWICHES

EASY SANDWICH FILLING. Put 1 cup tuna in bowl. Add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup chopped celery and $\frac{1}{4}$ cup mayonnaise. Mix well and spread over buttered bread. (You can use ground leftover cooked beef, ham, or grated cheese instead of tuna, too!)

BE AN EXPLORER. Find out all about the good sandwiches you can make! Try combining thinly sliced ham, chicken or beef with cheese. When there's cream cheese in the refrigerator, mix it with chopped nuts or sliced olives. Try using sliced hard-cooked eggs and crisp left-over bacon.



“PRETTIED UP” SANDWICHES. When you have learned to make sandwiches, ask Mother to help you make carrot sticks and radish roses to go with them. Like this:



Slice raw
carrot
lengthwise



Slice each length-
wise section
into thin strips



Place beside
sandwich on
serving plate



Slice end
from
radish

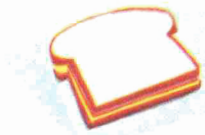


Start at thin
end of radish
and slice gently



Put radish
“roses” in ice
water and chill

NO! NO! NO! Never put lettuce inside the lunch box sandwiches! Always wrap lettuce, in a separate piece of waxed paper, and put it into the sandwich at lunchtime. Then your lettuce will be crisp and fresh.



Wrap sandwich
in waxed
paper

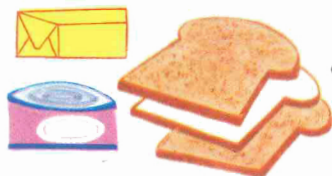


Wrap lettuce (along
with carrot sticks
and celery slices)



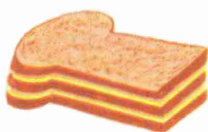
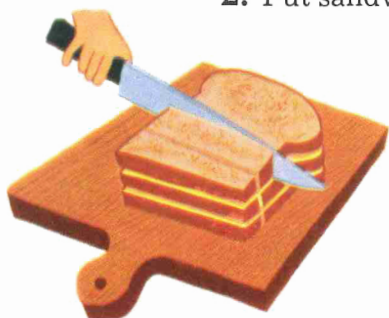
Put lettuce
into sandwich
at lunchtime

For a special party,
make CHECKERBOARD RIBBON
SANDWICHES from different kinds of bread.



1. Butter two slices of whole wheat and one slice of white bread for *each* sandwich. Spread one slice of whole wheat and one slice of white bread with filling.

2. Put sandwich together like this:



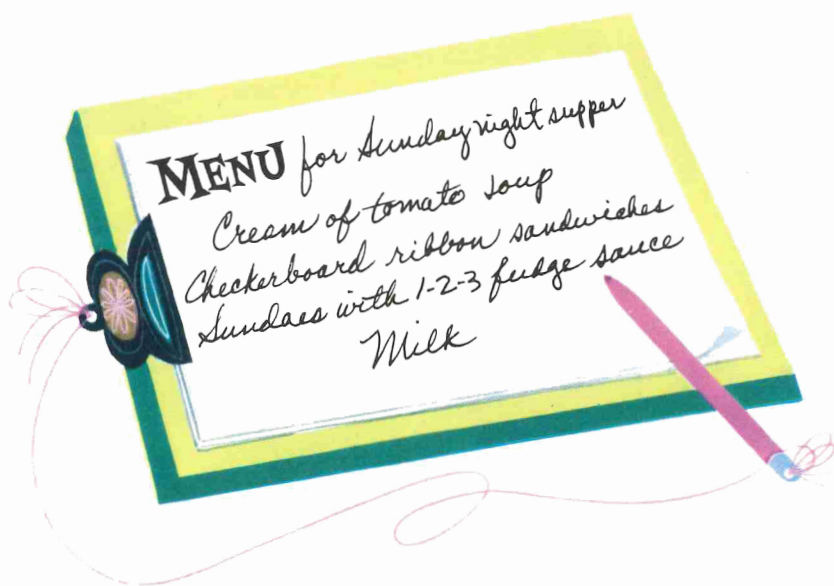
3. Slice each sandwich into "fingers" like this.



Mom and Dad were going out

SUNDAY NIGHT. I MADE SUPPER!

Mother told me I was “experienced” enough to get supper by myself. This is the way I did it. I planned the “menu” and wrote it down:



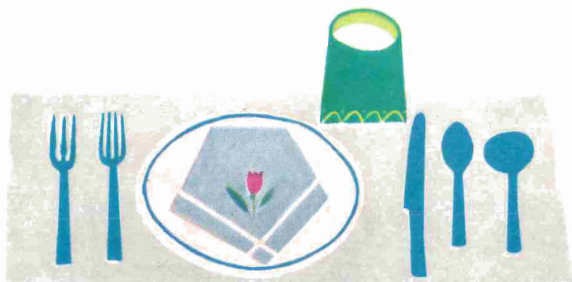
Before she left, Mother helped me do some of the things for supper.

I made 1-2-3 FUDGE SAUCE (from my recipe on page 9) and put it in a pitcher. Then the pitcher was stored in the refrigerator for the sauce to cool.

CHECKERBOARD RIBBON SANDWICHES (from my recipe on page 13) and put them on a dinner plate. I covered the plate with waxed paper and put it in the refrigerator.



I set the table with place mats, soup spoons, teaspoons, dinner plates, milk glasses, and napkins.



HELP FOR TABLE MANNERS. I learned to set the table so that the silver is placed in order that it will be used. The teaspoon went *next* to the knife and the soup spoon on the outside!

SIS BROUGHT HER BOY FRIEND TO SUPPER so that she'd be around when I was using the stove.



About 15 minutes before supper, I put the soup on to heat—filled the milk pitcher and put it on the table—got soup bowls and sundae dishes from the cupboard—got the sandwiches from the refrigerator and put them on the table.



By that time, the soup was hot and
“SUPPER WAS SERVED”

(but I took time to fill the soup pan with cold water before I left the kitchen . . . so it would be easier to wash.)



After soup and sandwiches, I cleared the table. Guests first . . . that's what mother always says! I stacked the dishes and filled the sundae dishes with ice cream. I poured Carnation 1-2-3 Fudge Sauce over the ice cream . . . and gave everyone a sundae. (We brought the pitcher to the table for *more* Fudge Sauce because it's so good.)

CLEAN UP TIME! Everyone helped with the dishes. We rinsed them, stacked them . . . and Sis “washed.” With lots of hot soapy water. We rinsed . . . dried . . . and left the kitchen clean. Sis and her boy friend thought supper was so good that they took me to an early movie! Maybe we'll do it again next Sunday.



Like good
little girls



SUGAR 'N' SPICE 'N' EVERYTHING NICE
makes a good salad!

CRISP GREEN SALADS are the easiest to make.
For green salads

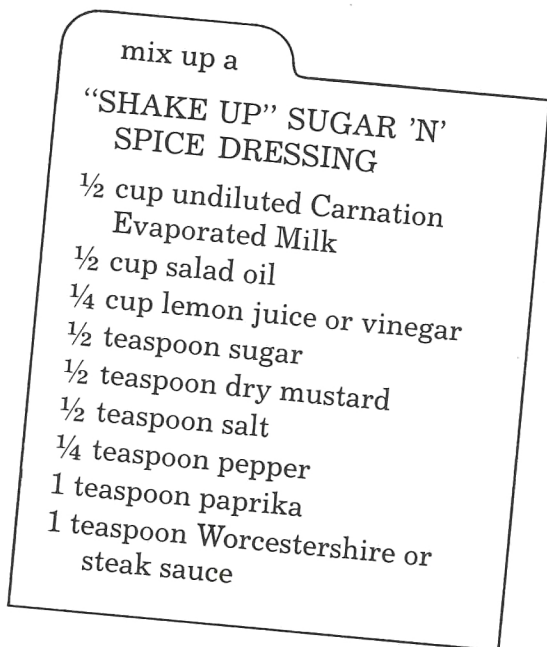
Rinse lettuce with lots of cold tap water. Then
drain it well.

Put lettuce in a covered bowl, plastic bag or the
vegetable crisper of the refrigerator. Let the
greens become *very* cold.

Break lettuce into bite-size pieces and put into
the salad bowl. Add raw or cooked vegetables (we
like carrot cubes, celery slices, chopped green
onions and tomato wedges).

Just before you are ready to serve your salad pour
"Shake-Up Dressing" over it. Then gently toss the
salad with a wooden fork and spoon to blend the
lettuce and dressing.

WHEN YOU SERVE YOUR GREEN SALAD

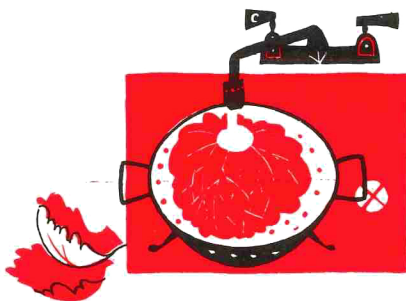


TO MIX YOUR "SHAKE-UP" DRESSING

Measure all ingredients into a small glass jar. Put cover on jar and shake well. Pour part of dressing over salad just before dinner.

GUESSING GAME. Can you guess how to make lettuce cups?

DON'T GUESS! Just remove the core from a head of lettuce. Then hold the lettuce under cold running water. The leaves will gently separate into "cups."





For Supper or a "Party" lunch make



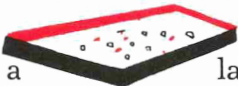
CREAMY FRUIT SALAD

- 1 package lemon flavored gelatin
- $\frac{3}{4}$ cup syrup from fruit cocktail
- 1 cup cottage cheese
- $1\frac{1}{3}$ cups well-drained canned fruit cocktail
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup chopped unpeeled apples
- $\frac{1}{4}$ cup lemon juice
- 1 cup *undiluted* Carnation Evaporated Milk

NOTE FOR ALL NEW SHOPPERS! For the fruit cocktail syrup and fruit cocktail in this recipe you'll need the medium-sized can of fruit cocktail. (Mother calls it a #2 or a #303 can.)

TO PREPARE YOUR CREAMY FRUIT SALAD

Here's all you do

1. Heat syrup from canned fruit cocktail in a small saucepan.
2. Pour hot syrup  over fruit gelatin in a mixing bowl to dissolve the gelatin.
3. While the lemon gelatin and fruit cocktail syrup are cooling, put all the other  ingredients into a large bowl.
4. Pour gelatin over salad. Stir the salad to mix it well.
5. Pour Creamy Fruit Salad into a  large shallow pan. Put it into the refrigerator until it is firm. (This will take about 2 hours.)







6. Cut your Creamy Fruit Salad into squares and serve each square in a lettuce cup.

For the first time . . . I made a recipe from one of Mother's recipe books!

5 MINUTE FUDGE

(Makes 2 pounds)

$\frac{2}{3}$ cup *undiluted* Carnation Evaporated Milk
 $1\frac{2}{3}$ cups sugar
 $\frac{1}{2}$ teaspoon salt
2 tablespoons butter
2 cups (4 ounces) miniature marshmallows
or diced marshmallows
 $\frac{1}{2}$ cup chopped nuts
 $1\frac{1}{2}$ cups semi-sweet chocolate pieces
1 teaspoon vanilla

1. Put Carnation, sugar, salt and butter in saucepan, and put on stove. Turn burner to  low. Heat to boiling; stir often.
2. Cook 5 minutes, stirring all the time  so that milk and sugar do not scorch.
3. Remove saucepan from heat. Add marshmallows, chopped nuts, chocolate and vanilla.
4. Stir fudge with a wooden spoon until marshmallows and chocolate are melted. (About  1 minute.)
5. Pour fudge into a buttered 8" square pan.  When the fudge is cool, cut into squares.

WHEN YOU MAKE 5 MINUTE FUDGE FOR THE FIRST TIME, you'll want to know how to



chop nuts. Put nuts on a wooden cutting board. Chop the nuts with a wide-bladed knife. Place leftover nuts in a covered jar and put into refrigerator.



dice marshmallows. Use kitchen scissors. Dip the scissors in water occasionally so that the marshmallows will cut easily and won't stick to the blade.

MEAT LOAF

(Makes 4-6 servings)

- $\frac{2}{3}$ cup (small can) *undiluted*
Carnation Evaporated Milk
- 1 egg
- $\frac{1}{2}$ cup cracker crumbs
- $1\frac{1}{2}$ pounds ground beef (chuck is good)
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon dry mustard
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green pepper



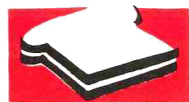
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1. Before you start, ask Mother to turn on the oven for you to moderate (350° F.)
 2. Put all ingredients into a large mixing bowl.
 3. Mix all ingredients thoroughly with a wooden spoon.
 4. Line a medium-sized loaf pan with heavy waxed paper. (This makes it easier to take the baked meat loaf out of the pan. And the pan is easier to clean, too!) Spread meat mixture in pan.
 5. Put meat loaf in the oven. (Be sure to place it in the *center* of the oven for even baking.)
 6. Bake meat loaf one hour in the pre-heated oven. Take out of oven *carefully* with pot holders.
 7. Turn meat loaf out on platter and remove waxed paper.
HINT! Allow your meat loaf to stand about 10 minutes before removing it from the pan for easier slicing.



WHEN WE WENT ON A PICNIC

I packed the lunch! This is what I did:

1. Mixed Easy Sandwich Filling from my recipe on Page 12. I put the filling in a covered jar so that it wouldn't spill in the picnic basket.
2. Buttered bread slices and put them together "sandwich" style. (Everyone spread his own sandwiches with lots of filling.)
3. Washed the lettuce. Made carrot slices and celery sticks. I wrapped everything in waxed paper, too, to keep the vegetables crisp.
4. Washed the apples and grapes carefully in cold water, then put them in a plastic bag.
5. Filled the thermos with cold, fresh milk. (*Sometimes to give us a double-protein drink, Mother adds Carnation Instant Nonfat Dry Milk "Magic Crystals" to the milk. See package.*)



EXTRA-HUNGRY PICNICKERS! When we won't be near an ice cream store on picnics, Mother makes cupcakes for us to put in the lunch. I frosted them with my Icing recipe on Page 31.

Then I got out our picnic basket Mom has a check list pasted in it that reads like this. You should have one too.

Check List for Your Picnic Hamper

Salt & Pepper

Knives

Forks

Spoons

Paper Plates

Paper Napkins

Paper Cups

Bottle Opener (sometimes we have
ginger ale at our picnics)



When the picnic was over, Mom said “I liked this picnic best! I didn’t have to cook.” Dad said, “Gee, those sandwiches were good. Make lots of them for me when I go fishing.”

PICNIC MANNERS When your picnic is over, collect all paper and wrappings. Place them in a trash container, or take them back home with you. Ask Dad to show you about putting out the fire if you had one. Leave your picnic spot neat and clean!

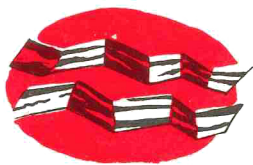
When you fix scrambled eggs you need

6 eggs
 $\frac{1}{3}$ cup Carnation
Evaporated Milk
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 tablespoons butter or
- margarine



To fix scrambled eggs for 4 people

1. Break 6 eggs into a medium-sized bowl.
2. Pour $\frac{1}{3}$ cup undiluted Carnation Evaporated Milk into bowl with eggs.
3. Add 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper (if your family likes pepper).
4. Beat eggs, milk and seasoning with an egg beater.
5. Place 2 tablespoons of butter or margarine in frying pan. Put pan on stove over low heat.
6. When butter is melted, add beaten eggs.
7. Stir eggs with spatula. Cook eggs until they are creamy and slightly firm.



For breakfast, serve eggs with sausages or crisp bacon.



For lunch, serve eggs with sliced fresh tomatoes.



For supper, serve scrambled eggs with cooked ham slices.

The morning Mom slept late

I FIXED BREAKFAST

When Daddy came into the kitchen to make his coffee, he told me I could fix these things for breakfast.

Grapefruit "Surprise"
Cold Cereal
Ham and Egg Scramble
Toast Jam
Milk



GRAPEFRUIT SURPRISE.

(The “surprise” was that I had learned to use a grapefruit knife! It loosens each section of grapefruit so that bite-size pieces come out easily with no juice in the eye!)



Put grapefruit on cutting board. Slice crosswise *carefully* with a cutting knife.

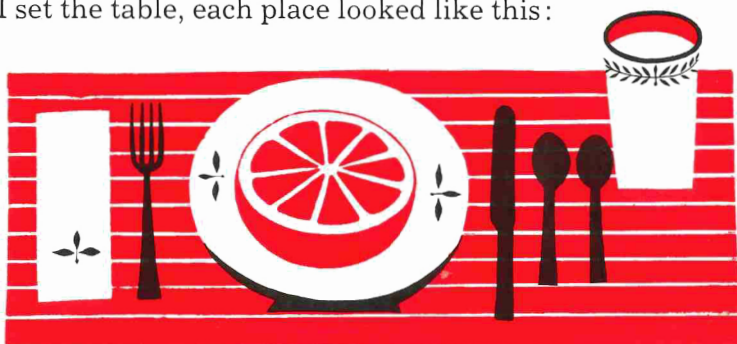
Run grapefruit knife around edge of grapefruit between rind and fruit to loosen sections.



Loosen each section with end of grapefruit knife. Put fruit on on plate, and place on table.



When I set the table, each place looked like this :



After the table was set,
I put these on the table

toaster
bread in a basket
butter on butter plate (with a
butter knife, of course)
milk in the pitcher
Carnation Evaporated Milk in
the cream pitcher for Daddy's
coffee and our cereal.



HINT FOR BUSY BREAKFAST COOKS! If you use a large tray for carrying to and from the kitchen it will save time and trips, too!



HAM AND EGG SCRAMBLE. A new way to fix Scrambled Eggs. Use the recipe on page 24. At Step 3, add $\frac{1}{2}$ cup chopped ham to Carnation Evaporated Milk and eggs. Otherwise it's just the same as your regular scrambled eggs!



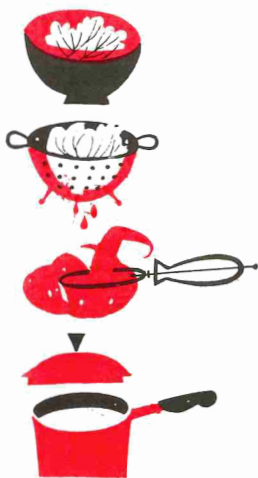
WE ALL SAT DOWN TO A GOOD
BREAKFAST. AND THERE WAS
MOTHER! SHE SAID
"EVERYTHING SMELLS SO GOOD,
THAT I WANT TO EAT, TOO!"

HOW TO COOK VEGETABLES

The vegetables you serve for lunch or dinner may be fresh ones, they may be frozen in small packages, or already cooked in cans. Here's how you should prepare them.

FRESH VEGETABLES

1. Allow leafy vegetables (like spinach or lettuce) to stand in cold water for 10 to 15 minutes or rinse the vegetables well under the cold water tap.
2. Drain well. Store the vegetables in the refrigerator until ready to cook.
3. Peel "root" vegetables like potatoes with a vegetable peeler. (Or if they are small new potatoes, scrub them briskly with a stiff vegetable brush.)
4. Place fresh vegetables in a saucepan containing a small amount of boiling salted water. Cover saucepan. Cook until tender. Ask Mother to tell you how long it will take to cook the vegetable you are preparing.



QUIZ GAME

Q. What is a "root" vegetable?

A. One that grows underground, like potatoes or carrots.

Q. How can I shorten the cooking time for fresh vegetables?

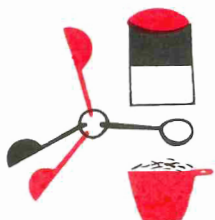
A. Cut vegetables into small cubes or slices.

FROZEN VEGETABLES. Frozen vegetables are already cleaned for you. They are ready for cooking in a small amount of boiling water. Be sure to read the label to find out how much water to use... and how long to cook the vegetable.

CANNED VEGETABLES. Canned vegetables are *already* cooked for you. After opening the can, just pour the vegetable into a saucepan. Cover the saucepan and heat. Most can labels will tell you how long to heat vegetable.

Quick and Easy CHEESE SAUCE

All you need for Cheese Sauce is



1 large can Carnation Evaporated Milk

$\frac{1}{2}$ teaspoon salt

2 cups grated process American cheese.

Then here's what you do

1. Pour 1 large can of Carnation Evaporated Milk into a medium-sized saucepan.
2. Add $\frac{1}{2}$ teaspoon salt. Put saucepan on stove. Turn burner to "low" and heat milk to very hot, but not boiling. (It will take about 2 or 3 minutes.)

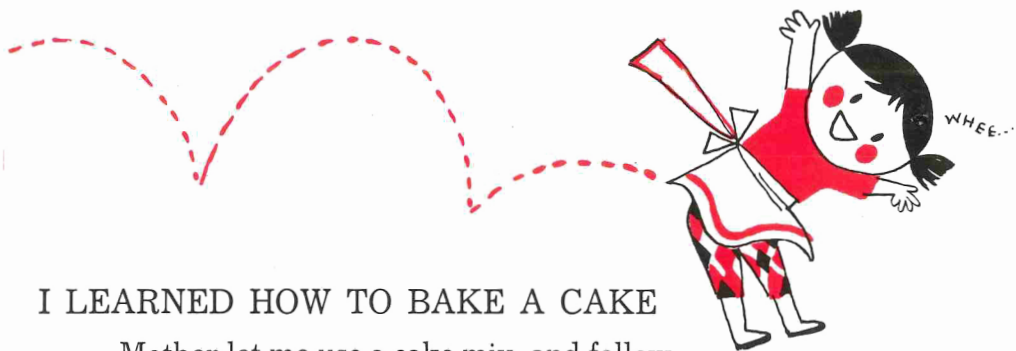


COOKING CARE! Milk sauces, scrambled eggs and baked custards should *always* have *low* heat. High heat cooks eggs too fast and "toughens" them. Over-heating milk scorches its good flavor.

3. Grate 2 cups process-type American cheese—put in pan with hot Carnation. Stir sauce until cheese melts (about 1 to 2 minutes). That's all!



Serve your quick and easy Cheese Sauce over cooked vegetables like green beans, cauliflower or asparagus.



I LEARNED HOW TO BAKE A CAKE

Mother let me use a cake mix, and follow the mixing directions on the box. When the batter was mixed, Mother told me to:



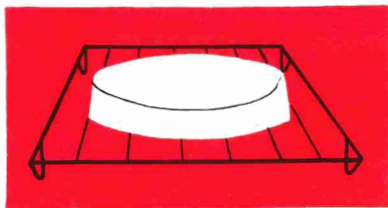
Rub the edge of the cake pan with butter. (I used a piece of waxed paper to keep my hands clean.)



Line the bottom of each cake pan with waxed paper. Then I filled each cake pan half full of batter.



Bake the cake like the mix package said to do. Mother let me help her take the cake pans from the oven—with pot holders, of course!



Let the cake layers stand in the pans for 10 minutes. Mother showed me how to take each layer from the pan and cool it on a rack.

I COVERED MY CAKE WITH CANDY CANE FROSTING

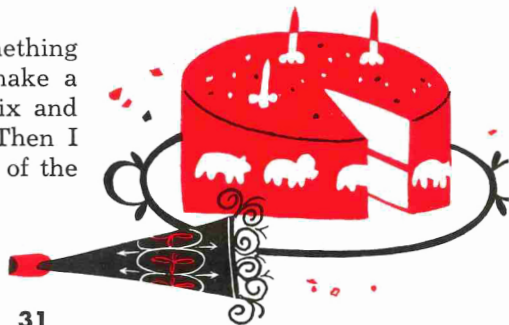
CANDY CANE FROSTING (Makes frosting for two 8" cake layers)

- $\frac{1}{3}$ cup undiluted Carnation Evaporated Milk
- $\frac{1}{2}$ teaspoon peppermint extract
- $\frac{1}{4}$ teaspoon salt
- $4\frac{1}{2}$ cups sifted confectioners' sugar
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup crushed peppermint candy



1. Mix Carnation with peppermint extract and salt in medium-sized bowl. Add the confectioners' sugar (you may call it "powdered" sugar). Blend them together with a wooden spoon until smooth.
2. When icing is smooth, add softened butter and stir well.
3. When cake layers have cooled about 2 hours, put bottom layer on plate. Put about $\frac{1}{2}$ cup icing on layer. Spread with a spatula.
4. Put second cake layer on top. Spread icing around sides of cake. Frost the top of the cake last. Sprinkle crushed peppermint candy on top of cake.

LET'S HAVE A CIRCUS! (For something special, like a birthday cake!) To make a Circus Cake, I bake a white cake mix and frost it with Candy Cane Frosting. Then I put animal crackers around the sides of the cake and put candles on the top.



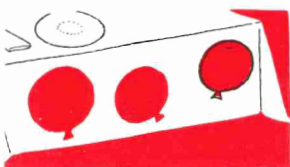
MY CIRCUS BIRTHDAY PARTY

Mother told me I could have a "Circus" Birthday Party ... and she would let me plan it myself. I decided to have a "Circus at Noon" Party and to serve my guests



Timetable for a Good Circus Birthday Party

SEVERAL DAYS BEFORE the party, I made my decorations for the Circus Table.



I asked Mother to give me a white sheet for the table. I cut out red, yellow and blue paper balloons and pinned them to the sheet.

I got yellow paper napkins and paper plates from the store.

THE DAY BEFORE THE PARTY, I baked a Circus Birthday Cake from my recipe on Page 31.

AT 9:00 ON THE MORNING OF MY PARTY I made the Creamy Fruit Salad recipe from the recipe on Page 19. Then I put it into a shallow pan and put it into the refrigerator.

AT 10:00, I made the Cream Cheese and Sliced Olive "Explorer" Sandwiches from my recipe on Page 12.

AT 11:00 (when the Creamy Fruit Salad was firm) I made my MENAGERIE SALADS. I cut elephants, dogs and horses from the salad with Mother's cookie cutters, and put the animals on lettuce cups.

CHOCOLATE MALTS. Just before lunch-time, Mother made the Chocolate Malts for me from good Carnation Chocolate Malted Milk. She told me that every good hostess should greet her guests at the door.



You'll be glad you learned to make

WHIPPED CARNATION

1. Pour 1 cup undiluted Carnation Evaporated Milk into a refrigerator tray and put in the ice cube section of your refrigerator to chill. When very cold, the Carnation will have soft crystals through the milk. (That will take about 20 minutes.)
2. Pour Carnation into a medium-sized bowl. Whip it with an egg beater until it is beginning to get stiff (about 1 minute). Add 2 tablespoons lemon juice.
3. Whip the Carnation until *very* stiff. You'll need that medium-sized bowl because every cup of Carnation whips to 3 cups!



MOTHER will be glad to let you make Whipped Carnation for your pies and desserts. She will save about 20¢ every time you use Whipped Carnation instead of expensive whipping cream.

I DREAMED I WAS



(floating on big,
fluffy clouds of
whipped Carnation)



“YUMMY”

STRAWBERRY PIE

IN DESSERT LAND!



TROPICAL FREEZE



CHEWY BROWNIES

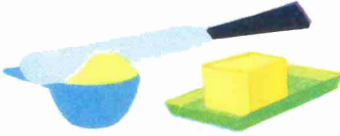
ORANGE PIE



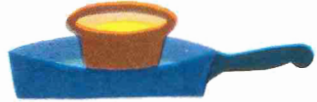
PIE CRUSTS!

The quick and easy “no baking” kind for good cooks! Before you make your “no baking” pie crust:

Melt $\frac{1}{4}$ cup butter. *Here's how to melt butter:*



Measure $\frac{1}{4}$ cup butter into your “nested” cup. (Or cut a quarter-pound cube of butter in half.)



Put the butter into a heat-proof custard cup and set in hot water until the butter is melted.

Roll graham crackers into fine crumbs this way:



Put 12 or 16 medium-sized graham crackers on a wooden board or table top.



Crumble the crackers into fine crumbs by rolling gently with a rolling pin.

TO MAKE A “NO BAKING” CRUNCHY PIE CRUST

you'll need $1\frac{1}{2}$ cups crushed graham cracker crumbs
 2 tablespoons sugar
 $\frac{1}{4}$ cup melted butter

1. Crush graham crackers according to directions above.
2. Use a wooden spoon to mix cracker crumbs, sugar and melted butter together.
3. Put crumbs in a 9-inch pie plate or pan. Pat crumbs evenly around bottom and sides of pie plate.
4. Chill pie crust about 1 hour in the refrigerator before adding filling to the crust.

The pastry kind. Ask Mother to let you use a pastry mix and help you follow the mixing directions carefully the first time you make a pastry crust. Before you start, turn on the oven and set the temperature as your box of mix tells you to do.

SIGNS OF GOOD PASTRY

"MIXING"

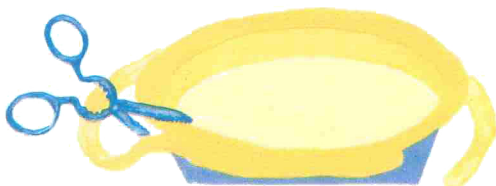
Put pastry mix into bowl. Measure water carefully. Gently stir water and pastry mix together with a wooden spoon. (Too much mixing makes your pastry tough!)

"ROLLING"

Spread about $\frac{1}{4}$ cup flour over wooden board. Roll pastry *lightly* and *evenly* with a floured rolling pin. (Or roll pastry between 2 pieces of waxed paper as some mix boxes tell you to do.)

"PRETTY EDGES"

Fold pastry in half and lay over half of pie plate or pan. Don't stretch your pastry! Unfold pastry to cover remaining half of pie plate.



Cut pastry about $\frac{1}{2}$ inch outside the edge of pie plate with knife or scissors. Roll cut pastry edge under gently and smoothly for neat edge.



For a pretty edge, press tines of fork gently against rolled edge for a "stand-up" look. Prick bottom and sides of crust with fork tines.

"BAKING"

Bake pastry crust in your oven for the time shown on your box of mix. Allow crust to cool on a rack before putting the filling into it.

After I learned to make Pie Crust and Mother showed me how easy it is to whip Carnation Milk, she let me make

ORANGE PIE

1 package orange-flavored gelatin
1/4 cup sugar
1 teaspoon grated orange rind
1 cup hot orange juice
3 cups whipped Carnation
(from recipe on page 33)
9-inch "No Baking" Crunchy
Pie Crust (recipe on page 36)

GRATE THE ORANGE RIND FIRST!

Before squeezing orange juice, rinse orange. Grate rind from outside of a whole orange!



1. Mix orange gelatin, sugar and orange rind together in a small bowl.
2. Put orange juice in a small saucepan and ask Mother to help you heat it to just below boiling. Pour the hot juice over gelatin and sugar.
3. Stir the orange juice mixture with a wooden spoon to dissolve the gelatin. Put in the refrigerator to chill about 20 minutes. Then the gelatin will be thickened but not completely "set."
4. Make 3 cups *whipped* Carnation from the directions on page 33. Remember that *it will take only 1 cup undiluted Carnation to make 3 cups of whip!*
5. Mix whipped Carnation with gelatin. Fold them together gently with a wooden spoon.
6. Pour Orange Pie Filling into Crunchy Pie Crust. Chill pie in the refrigerator about 2 hours or until pie is firm.

The first time I made this pie for supper, everyone thought it was *so good* that we named it



“YUMMY” STRAWBERRY PIE

- | | |
|--|---|
| 1 3-oz. package strawberry
flavored gelatin | 3 cups <i>whipped</i> Carnation
(from recipe on page 33) |
| $\frac{1}{4}$ cup sugar | $1\frac{1}{2}$ cups sliced fresh
strawberries |
| $\frac{3}{4}$ cup hot water | |
| 9-inch single crust baked pie shell (from recipe on page 37) | |

1. Mix the strawberry gelatin with sugar in a small bowl.
2. Ask Mother to help you heat $\frac{3}{4}$ cup water in a saucepan until water is *very* hot. Pour the water over gelatin and sugar.
3. Stir the gelatin with a wooden spoon to dissolve it. Put the bowl into the refrigerator about 20 minutes, so that the gelatin will be thickened, but not “set.”
4. Make 3 cups *whipped* Carnation from my recipe on page 33. Fold the *whipped* Carnation and gelatin together.
5. Mix the strawberries into the pie filling with a wooden spoon. Pour the filling into a cooled baked pie crust. Put in the refrigerator. Chill the pie 1 to 2 hours before slicing.



IF STRAWBERRIES AREN'T IN SEASON when *you* want to make this pie, use a 12-ounce package of frozen strawberries.

When Mother's Wednesday Club came to our house for afternoon dessert and bridge, I helped her make the dessert the night before. She had so many other things to do (and needed time to get "pret-tied up" for her party, too!), we decided to fix these easy things.



we made **TROPICAL FREEZE** this way

- 1 can (6 oz.) frozen orange concentrate
- 1 large can (1 $\frac{2}{3}$ cups) *undiluted* Carnation
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ cup sugar

1. Take the orange concentrate out of the refrigerator freezing compartment, so that it will be softened.
2. Pour Carnation into a refrigerator tray; put it into the ice cube section of the refrigerator to chill until there are soft crystals through the milk. That takes about 30 minutes.
3. Pour chilled Carnation into a large bowl. Whip it with an egg beater until stiff, or about 2 minutes.
4. Add lemon juice. Continue whipping until the Carnation is *very* stiff—or about 2-3 minutes longer.
5. Mix the sugar and softened orange concentrate into the whipped Carnation with a wooden spoon.
6. Put the Tropical Freeze into two small (or 1 large) refrigerator trays. Put it in the freezing compartment of the refrigerator for 2-3 hours or overnight.



I hadn't made Brownies before, but Mother gave me lots of help with them (the real chewy kind).

CHEWY CHOCOLATE BROWNIES

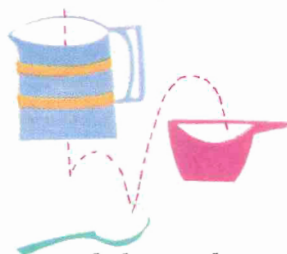
2 squares (2 ounces) melted
unsweetened chocolate
1 cup sugar
2 tablespoons butter
1 egg
1 teaspoon vanilla

1 cup sifted flour
1 teaspoon baking powder
 $\frac{1}{2}$ cup *undiluted* Carnation
Evaporated Milk
1 cup chopped nuts



WHEN YOU MAKE BROWNIES THE FIRST TIME ask your mother to help you turn on the oven to moderate (350° F.) before you begin. Put the chocolate in the oven in a heat-proof dish (like a custard cup) and allow it to melt while you mix other ingredients.

1. Put the sugar, butter, egg and vanilla into a medium-sized bowl. Mix them with a wooden spoon until well blended. (Mother says that the mixture "looks light and fluffy.")
2. Pour the melted chocolate into the sugar-butter mixture. Be sure to use a hot-pan holder so that you don't burn your fingers! Stir the chocolate into the butter.
3. Pour flour into a sifter and sift it gently before measuring out 1 cup. Stir the sifted flour with baking powder.
4. Stir half the flour mixture into the butter. Add the Carnation Evaporated Milk.
5. Stir the batter until smooth. Add the rest of the flour and chopped nuts. Mix the batter until lumps have disappeared.
6. Pour the batter into a buttered 9" square pan. Bake about 30 minutes in a moderate oven.



P.S.

Mother's guests had a wonderful time! We did, too. There was enough Tropical Freeze left for our dinner.

ONE DISH DINNERS

are so easy to fix when you know how to cook vegetables and to make good sauces with Carnation Evaporated Milk.

EENY
MEENY
MINEY
MO

There are some new things to learn, too.

... *what casseroles are.*

(These are baking dishes made of heat-proof glass or pottery, used to bake the One Dish Dinner.)



...*how to make Cream Sauce the easy*

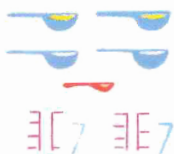
Carnation way, from the recipe on Page 43.

Ask your mother to help
with the Cream Sauce the
first time you make it.
(It's so easy that you
don't need *much* help.)



THE EASY CARNATION WAY TO MAKE “FAILURE-PROOF” CREAM SAUCE

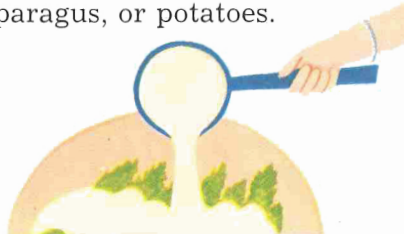
To make 2 cups of Cream Sauce, you'll need



2 tablespoons butter
2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $1\frac{2}{3}$ cups (large can) *undiluted*
Carnation Evaporated Milk

1. Put the butter, flour and salt into a medium-sized saucepan.
2. Ask your mother to help you turn on the heat to “Low.” Put the saucepan on the stove.
3. Stir the butter and flour mixture over low heat until the butter and flour are smooth and well mixed. (That will take about 2 minutes.)
4. Gradually pour the large can of Carnation Evaporated Milk into the saucepan. Stir your Cream Sauce with a wooden spoon until the sauce is smooth and creamy. That will take about 3-5 minutes.

The first time you make Cream Sauce, serve it over well-drained cooked vegetables, like green beans, asparagus, or potatoes.





What goes into a One Dish Dinner? That's easy
... you'll find that many One Dish Dinners are
a MIXTURE OF

*Chopped leftover roast meats (like beef,
chicken, ham or pork) or fish (like canned
tuna) or cooked macaroni, rice or noodles*

AND

*Cooked vegetables (green beans, or peas,
or carrots, and celery, chopped onion or
green pepper) in a buttered casserole*

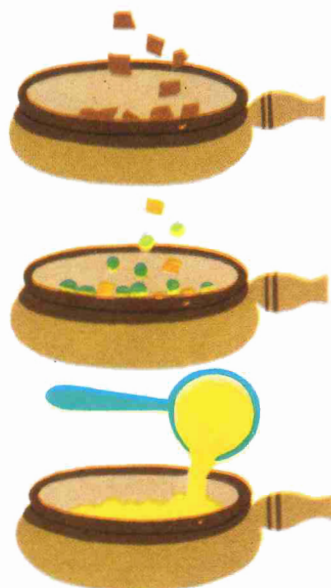
COVERED WITH

my "Quick and Easy" Cheese Sauce or
"Failure-Proof" Cream Sauce (from the
recipe on page 29 or page 43)

BAKED IN A MODERATE OVEN

(that's 350°F. or 375°F.)

AND THAT'S A ONE DISH DINNER



When your recipe calls for

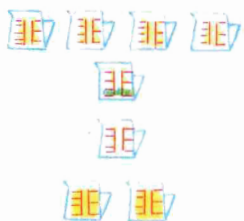
3 cups cooked rice
2 cups cooked spaghetti
2 cups cooked macaroni
2 cups cooked noodles

you'll need to measure out

1 cup uncooked rice
1 cup uncooked spaghetti
1 cup uncooked macaroni
2 cups uncooked noodles

Be sure to cook spaghetti, macaroni, rice or noodles in rapidly boiling salted water. Ask your mother to help you follow the directions on the package the first time you fix any of these.

OUR FAVORITE MACARONI AND CHEESE



- 4 cups cooked macaroni
- $\frac{1}{4}$ cup chopped green pepper
- $\frac{1}{4}$ cup chopped pimienta or sliced stuffed olives
- 2 cups "Quick and Easy" Cheese Sauce (from recipe on page 29)

1. Ask your mother to help you turn on the oven heat to moderate (350°F.).
2. Rub the inside of your casserole with butter. (Use a piece of paper toweling, to keep your hands clean.)
3. Mix cooked macaroni, green pepper and pimienta or olives together in the casserole with a wooden spoon.
4. Pour "Quick and Easy" Cheese Sauce over the macaroni.
5. Bake the casserole 25-30 minutes.




TUNA BAKE. Mix 2 cups well-drained canned peas with 1 cup (that's a 6- or 7-ounce can) of tuna. Put them together in a buttered casserole. Pour 2 cups of Carnation Cream Sauce over the casserole. (Make it from my Failure-Proof recipe on Page 43.) Crush potato chips with a rolling pin and put them on top of the casserole. Bake it in a moderate oven (375°F.) about 25 minutes.



I HELP WITH SHOPPING, NOW!

Mother and I do this together. Soon I'll be able to help by doing all of it alone! When we are going shopping

1. We *check to be sure that we have plenty of the foods we use most often* (like eggs, bread, and Carnation Evaporated Milk). If we're out of these, we put them on the list.
2. Next we *make menus for the next few days and write down what we'll need for these meals*. (If I'm going to make Tropical Freeze we need frozen orange juice.)
3. Then we *put the same kinds of things together* on the list, so that we can shop faster. Our list looks like this: 
4. We *shop for the canned goods and other heavy items first*. They will be on the bottom of the basket, and won't crush fresh vegetables or fruits.



WATCH YOUR SHOPPING MANNERS, PLEASE



"Don't pinch me till I'm yours!" Our grocer has this sign over the fresh fruit and vegetable bins, as a reminder to handle his produce carefully.



"Careful around the corners!" Do push your shopping cart carefully in the market, so that you don't knock over displays or accidentally bump someone with your shopping cart.

As you learn more about cooking, you'll find other ways to use good Carnation Evaporated Milk, too!



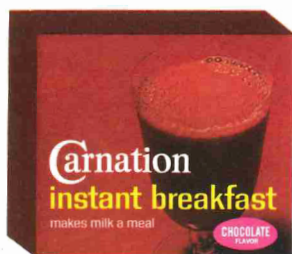
You can put double-rich Carnation in the cream pitcher and use it over cereal or fruit. Daddy will like Carnation for his coffee.

If your recipe calls for 2 cups of milk, mix 1 cup of Carnation Evaporated Milk with 1 cup of water.



OTHER GOOD CARNATION PRODUCTS YOUR MOTHER LIKES TO USE!

CARNATION INSTANT NONFAT DRY MILK. Carnation, the “Magic Crystals” Instant—bursts into fresh flavor nonfat milk instantly, even in ice-cold water. This is the Instant that’s delicious for drinking, wonderful for cooking, baking—and it even whips for delicious topping.

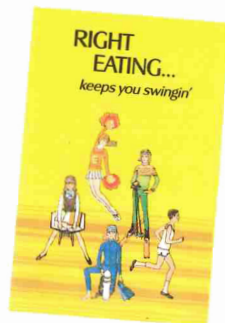
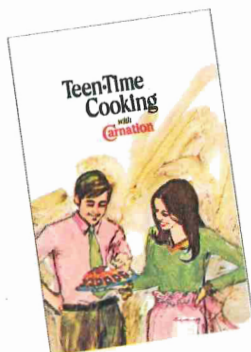


CARNATION INSTANT BREAKFAST. Wonderful for “breakfast skip-pers.” Mixed with milk, Carnation Instant Breakfast has as much nourishment as a poached egg on toast, 2 strips of bacon and a glass of tomato juice. Comes in a variety of flavors, too!

Now that I have learned what fun it is to cook, Mother has given me two *new* cook booklets that are a little more advanced. They tell me how to plan an evening party and a patio picnic, and even to barbecue! And I'm learning important things about food values and good grooming from them, too!

1. Teen-Time Cooking
(It has party tips, too)

2. Right Eating Keeps
You Swingin'
(with nutrition and
beauty hints)



If your mother will write to *my* mother, Mary Blake, Dept. FUN-10, Carnation Company, Los Angeles, Calif. 90019, you can have either or both of these free booklets. They're written especially for *us*!

I hope that you have learned lots about cooking with my "Fun To Cook Book."

Your little friend, *Margie Blake*

